

Food for Baby's First Year—General Guidelines for Feeding Healthy Infants

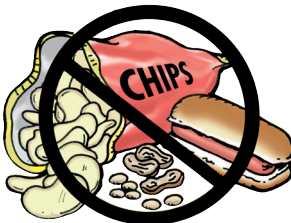
Other Information for Feeding Infants

Prevent Choking

Your baby should not be left alone when he or she is eating.

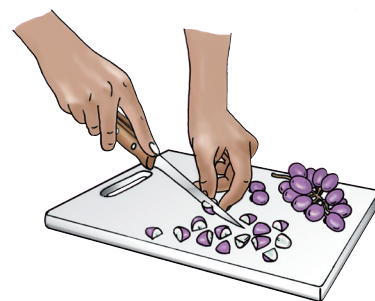
These foods can cause choking and should not be given to your baby:

- popcorn, chips, and pretzels
- peanut butter, nuts, and seeds
- hard cookies, granola, or granola bars
- raisins and other dried fruits
- raw vegetables such as carrots and celery
- large pieces of food
- round shaped candies, gum drops, chewing gum, and marshmallows
- hard pieces of fruit, whole grapes, whole cherries, or fruits with pits or seeds
- hot, sticky breads that can “ball up” and cause choking
- fish, chicken, or turkey with bones
- hot dogs and sausages—These also should not be fed to babies because they are high in fat and salt.
- “baby food” meat sticks—These foods are not intended for infants under 1 year of age.



Cut, grind, or mash hard-to-chew foods:

- Cut round foods, like soft-cooked carrots, into short strips instead of coin-shaped slices.
- Grind tough meat.
- Mash or grind cooked beans, corn, and peas.
- Cut cheese chunks into very small, thin pieces.
- Cut grapes and cherries into very small pieces and remove skin, seeds, or pits.



These foods should not be fed to your baby:

- honey—This can cause food poisoning. Also, avoid foods made with honey such as honey graham crackers.
- corn syrup and other sweet syrups
- candies, chocolate, cake, and pie
- foods and drinks with artificial sweeteners
- soda and sweetened drinks
- all types of coffee and tea
- baby food desserts
- food with added spices, seasonings, salt, and fat such as french fries and breaded fried foods
- cheese made with raw (unpasteurized) milk
- meat spreads or smoked seafood found in the refrigerated section of the store



Be Wise...Immunize!

Babies need shots to protect them from disease.
Bring your baby's shot record each time you come to WIC.



Eat Fish, Choose Wisely

Infants 8 months and older can eat 2 meals a week of a variety of fish that are lower in mercury. Each meal can be a portion size of 2 ounces.

Some fish low in mercury are: canned light tuna, catfish (farm-raised), pollock, salmon, shad, tilapia, whitefish, and whiting.

Due to their mercury content, do not eat the following: Shark, King Mackerel, Swordfish, Tilefish, and Orange Roughy.

Check local advisories about the safety of fish caught by family and friends in your local lakes, rivers, and coastal areas. For more information about mercury in fish, visit: www.floridahealth.gov/programs-and-services/prevention/healthy-weight/nutrition/seafood-consumption/index.html